

## Available Online Resources through Cigna

Due to the cancellation of all in-person Wellness Training, as a precaution to the COVID-19, Harris County Employees can now receive credit toward their 2021-22 Healthy Actions Medical Plan (HAMP) by participating in online Wellness Training!

Some training classes are available LIVE and others are available online for access at any time. Each class is worth **10 points** toward the 2021-22 Healthy Actions Medical Plan. Participants must complete the entirety of the class (1.0 hour). You can receive points for completing **more than one class** per day!

**Please follow the steps below to receive 2021-22 HAMP credit. Failure to correctly complete the webinars and required surveys will result in not receiving the 10-points.**

### Step One (to view any webinar listed below):

- Select a Wellness Training Webinar from the list below.
- Visit the EAP Webcast website [www.cigna.com/EAPwebcasts](http://www.cigna.com/EAPwebcasts) to view the available training webinars.
- Fill in the boxes with your information as a 'First time visitor'. Please write 'HARRIS COUNTY' in the field stating 'Company'
- During the webinar, you will be prompted with the question 'Would you like to receive a Certificate of Attendance?' Select 'YES'.
- In order to qualify for the certificate, you need to attend the presentation, select 'yes' that they want the certificate, and then complete the end of seminar survey to rate the EAP seminar.
- You will receive a PDF certificate to your e-mail after the webinar is finished. Save this certificate, as it will be used as a receipt that you completed the class.

**Keep in mind that only certain webinars are available for 2021-22 HAMP credit, please see description. The list of classes available for HAMP credit will update as they become available.**

### Step Two (to receive HAMP credit):

- To receive HAMP credit you **MUST** complete a Survey for the class you completed.
- Find the Surveys by visiting <http://www.wellathctx.com/Be-Informed/Online-Wellness-Training> (list below).
- Select the corresponding Survey Monkey link for the class you completed.
- Complete all the required questions.
- Upload the certificate of attendance that you received via e-mail from Cigna EAP 'Webcast Admin'.

Resource/Class	Description of Class
<b>Managing Anxiety: Coronavirus Fears &amp; Concerns (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> <p>Duration: 1 hour</p> <p>The coronavirus outbreak can trigger natural fears and concerns. This can make day-to-day life more difficult. Get strategies to manage stressful thoughts and emotions.</p> <p>Complete survey: <a href="https://www.surveymonkey.com/r/WEBCERTIFICATES">https://www.surveymonkey.com/r/WEBCERTIFICATES</a></p>
<b>Kids, Teens, and Coronavirus Stress (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> <p>Duration: 1 hour</p> <p>Like us, kids and teens are stressed in these unsettled times. How can we help? We'll share talking tips and strategies to help children feel more secure and resilient.</p> <p>Complete survey: <a href="https://www.surveymonkey.com/r/WEBCERTIFICATES">https://www.surveymonkey.com/r/WEBCERTIFICATES</a></p>

<b>Managing the Return to Work (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> <p>Duration: 1 hour</p> <p>Explore the factors that can make going back to work feel challenging, and gain strategies to smooth the transition for you and your family.</p> <p>Complete survey: <a href="https://www.surveymonkey.com/r/WEBCERTIFICATES">https://www.surveymonkey.com/r/WEBCERTIFICATES</a></p>
<b>Work @ Home: Keys to Success (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> <p>Duration: 1 hour</p> <p>Transitioning suddenly to working from home can be stressful. We'll share ideas and best practices to help you navigate the challenges.</p> <p>Complete survey: <a href="https://www.surveymonkey.com/r/WEBCERTIFICATES">https://www.surveymonkey.com/r/WEBCERTIFICATES</a></p>
<b>Resilience in Challenging Times (O-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> <p>Duration: 1 hour</p> <p>It's easy to feel overwhelmed by ongoing changes and challenges. But you are stronger than you think. Gain tips for building your natural resilience.</p> <p>Complete survey: <a href="https://www.surveymonkey.com/r/WEBCERTIFICATES">https://www.surveymonkey.com/r/WEBCERTIFICATES</a></p>
<b>Living with Grief and Loss (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> <p>Duration: 1 hour</p> <p>Any type of loss can trigger grief, from the loss of daily norms to the deep and profound loss of a loved one. We'll talk about some ways to cope and how to get and give support.</p> <p>Complete survey: <a href="https://www.surveymonkey.com/r/WEBCERTIFICATES">https://www.surveymonkey.com/r/WEBCERTIFICATES</a></p>
<b>Health Care Workers: Self-care in Stressful Times (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> <p>Duration: 1 hour</p> <p>It may seem impossible to prioritize self-care in these challenging times, but this is when it's needed most. Explore strategies that can help you feel more balanced.</p> <p>Complete survey: <a href="https://www.surveymonkey.com/r/WEBCERTIFICATES">https://www.surveymonkey.com/r/WEBCERTIFICATES</a></p>
<b>Managers – Supporting Employees: Coronavirus Fears &amp; Concerns (On-Demand)</b>	<p>Duration: 1 hour</p> <p>We'll discuss what to expect, recommended responses, and communication strategies for managers. Learn how you can best support employees, your team, and yourself.</p> <p><i>Please email <a href="mailto:HRRMTraining@bmd.hctx.net">HRRMTraining@bmd.hctx.net</a> to receive a certificate to submit to your supervisor if needed.</i></p>
<b>Managers – Managing a Virtual Team (On-Demand)</b>	<p>Duration: 1 hour</p> <p>Review best practices and key virtual management skills that you can use to help your team transition successfully to remote work.</p> <p><i>Please email <a href="mailto:HRRMTraining@bmd.hctx.net">HRRMTraining@bmd.hctx.net</a> to receive a certificate to submit to your supervisor if needed.</i></p>
<b>Experiencing Mindfulness – Part I: An Introduction (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> <p>Duration: 1 hour</p> <p>What is mindfulness? How do you do it? What effect does it have? We'll explore what it means to be mindful and try it out.</p> <p>Complete survey: <a href="https://www.surveymonkey.com/r/WEBCERTIFICATES">https://www.surveymonkey.com/r/WEBCERTIFICATES</a></p>

<b>Experiencing Mindfulness – Part II: How Can It Help (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> <p>Duration: 1 hour</p> <p>Bringing a mindful awareness to yourself and the world around you holds many benefits. Learn how it works and try it for yourself.</p> <p>Complete survey: <a href="https://www.surveymonkey.com/r/WEBCERTIFICATES">https://www.surveymonkey.com/r/WEBCERTIFICATES</a></p>
<b>Living Lonely: The Power of Connection (On-Demand)</b>	<p>Duration: 1 hour</p> <p>No one likes to admit they're lonely, but most of us are at times. Empower yourself to connect using strategies to shift your mindset and comfort zone.</p> <p>Complete survey: <a href="https://www.surveymonkey.com/r/WEBINARLONE">https://www.surveymonkey.com/r/WEBINARLONE</a></p>
<b>Living with a Chronic Condition (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> <p>Duration: 1 hour</p> <p>60% of us live with a chronic illness, such as diabetes, heart disease or COPD. Explore behavioral strategies that can help you manage.</p> <p>Complete survey: <a href="https://www.surveymonkey.com/r/WEBINARCHRONIC">https://www.surveymonkey.com/r/WEBINARCHRONIC</a></p>
<b>Understanding Depression (On-Demand)</b>	<p>Duration: 1 hour</p> <p>What causes depression? How can you tell if you have it? What can help? Join us for clear answers to your questions.</p> <p>Complete survey: <a href="https://www.surveymonkey.com/r/WEBINARUNDP">https://www.surveymonkey.com/r/WEBINARUNDP</a></p>
<b>Caring for the Caregiver (On-Demand)</b>	<p>Duration: 1 hour</p> <p>The challenges of caregiving can be unexpected and overwhelming. We'll explore how prioritizing self-care, support, and resilience can make a difference.</p>
<b>Family Conflict: Keeping the Peace (On-Demand)</b>	<p>Duration: 1 hour</p> <p>From sibling squabbles to parenting battles to family feuds, arguments happen. Learn how you can deal with conflict in a productive way.</p>
<b>Keeping Up With the iKids (On-Demand)</b>	<p>Duration: 1 hour</p> <p>Snaps, tweets, texts, gamers...formats may change, but digital technology is here to stay. Get tips for helping your child use it safely and well.</p>
<b>Revitalize Your Relationship (On-Demand)</b>	<p>Duration: 1 hour</p> <p>Is Valentine's Day just another day? This seminar can help you learn to connect in healthy ways and reignite that spark!</p>
<b>Sticks and Stones: Understanding Bullying Today (On-Demand)</b>	<p>Duration: 1 hour</p> <p>From school hallways to online networks, bullying causes real hurt. Understand what is involved and how your child can safely respond.</p>
<b>Teens: Risky Behavior and Good Choices (On-Demand)</b>	<p>Duration: 1 hour</p> <p>More independence can bring more risk for teens. Learn how structure, consequences, and good communication can help.</p>
<b>Estate Planning: Financial Basics (On-Demand)</b>	<p>Duration: 1 hour</p> <p>It's never too early to start thinking about estate planning. Join us to learn about trusts and wills and how they can bring peace of mind.</p>

<b>I Want to Buy a House (On-Demand)</b>	Duration: 1 hour A house is likely to be the biggest purchase you'll ever make. Do your homework! We'll review mortgage options, costs, benefits, and how to get started.
<b>Alternate Approaches to Wellness (On-Demand)</b>	Duration: 1 hour Yoga, acupuncture, mindfulness and other natural approaches to wellbeing are becoming more mainstream. Are they right for you?
<b>Dreaming of a Good Night's Sleep (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> Duration: 1 hour Having trouble getting the sleep you need to feel refreshed? We'll take a look at factors that can disrupt sleep and how to reclaim your zzzs. Complete survey: <a href="https://www.surveymonkey.com/r/MMTXDC8">https://www.surveymonkey.com/r/MMTXDC8</a>
<b>Drug and Alcohol Awareness (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> Duration: 1 hour Drug and alcohol misuse takes a toll on individuals and loved ones. Learn signs of use, understand enabling, and know how to get help. Complete survey: <a href="https://www.surveymonkey.com/r/WEBINARDRG">https://www.surveymonkey.com/r/WEBINARDRG</a>
<b>Healthy Eating in a Hurry-Up World (On-Demand)</b>	Duration: 1 hour From fast food to mindless eating, how we eat can be unhealthy. Examine your relationship with food, and explore the idea of mindful eating.
<b>Know Your Numbers (On-Demand)</b>	Duration: 1 hour BMI, BP, HDL, LDL?! Take the mystery out of your numbers. Get simple explanations of biometric numbers and ideas for improving them.
<b>Mental Health: You Can Make a Difference (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> Duration: 1 hour Mental wellness can be factor for all of us – from dealing with life stress to mental health concerns. Learn simple steps to help yourself and others. Complete survey: <a href="https://www.surveymonkey.com/r/WEBINARMH">https://www.surveymonkey.com/r/WEBINARMH</a>
<b>Staying Alive (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> Duration: 1 hour Get moving! Get healthy! Learn how to beat your excuses and get tips for incorporating activity into your daily life. Complete survey: <a href="https://www.surveymonkey.com/r/WEBINARACTIVE">https://www.surveymonkey.com/r/WEBINARACTIVE</a>
<b>The Opioid Crisis and You (On-Demand)</b>	Duration: 1 hour What does the opioid crisis mean for you? Learn about this class of drugs and how they might impact your life or someone you care about.
<b>Wellness One Notes for Health (On-Demand)</b>	Duration: 1 hour When it comes to making healthy changes, mini moves can deliver big results. From sleep strategies to social connections, find your small steps to wellness. Complete survey: <a href="https://www.surveymonkey.com/r/WEBINARWELL">https://www.surveymonkey.com/r/WEBINARWELL</a>

<b>When Mood Meets Food (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> <p>Duration: 1 hour</p> <p>Stress can push us toward the fridge. Learn to recognize your stress-eating triggers and get strategies to react differently.</p> <p>Complete survey: <a href="https://www.surveymonkey.com/r/WEBINARMoodFood">https://www.surveymonkey.com/r/WEBINARMoodFood</a></p>
<b>For Managers: Managing Workplace Conflict (On-Demand)</b>	<p>Duration: 1 hour</p> <p>Workplace disputes happen. Explore effective strategies for addressing and resolving conflict within your team dynamic.</p>
<b>For Managers: Strengthening Your Team (On-Demand)</b>	<p>Duration: 1 hour</p> <p>Your team works, but does it work well? Discuss how to manage challenging dynamics and bring out the best in your team.</p>
<b>Manager's Guide: Civility and Respect at Work (On-Demand)</b>	<p>Duration: 1 hour</p> <p>Disrespect in the workplace can affect performance and morale, and even lead to harassment or worse. Learn strategies to address this key issue.</p>
<b>Manager's Guide: Grief and Loss at Work (On-Demand)</b>	<p>Duration: 1 hour</p> <p>Supporting your workforce through grief can be uncharted territory. Understanding reactions and your role can help you respond with sensitivity.</p>
<b>Manager's Guide: Management Referrals (On-Demand)</b>	<p>Duration: 1 hour</p> <p>Your EAP is an ally when employee issues arise. Learn how management consultations and referrals can help you address workplace concerns.</p>
<b>Manager's Guide: Mental Health at Work (On-Demand)</b>	<p>Duration: 1 hour</p> <p>Recognizing and responding to signs of mental health distress is an important way to support employees. Learn what you might see and how to respond.</p>
<b>Manager's Guide to Critical Incidents (On-Demand)</b>	<p>Duration: 1 hour</p> <p>What is your role when death or trauma impacts your workforce? Learn about the range of supportive resources available when crisis hits.</p>
<b>Manager's Guide to the EAP (On-Demand)</b>	<p>Duration: 1 hour</p> <p>The Employee Assistance Program is a valuable source of support for you and your employees. Discover the many benefits for you personally and in your role as a manager.</p>
<b>Age is Just a Number: 50 and Beyond (On-Demand)</b>	<p>Duration: 1 hour</p> <p>50 is the new 30! Or is it? Aging does bring new challenges, but also new opportunities. Join us to explore how to make the most of this stage of life.</p>
<b>Channeling Your Inner Winner (On-Demand)</b>	<p>Duration: 1 hour</p> <p>In the quest for success, we can often be our own worst enemy. Learn about common internal barriers and how you can overcome them.</p>
<b>Effective Time Management (On-Demand)</b>	<p>Duration: 1 hour</p> <p>There'll never be more than 24 hours in a day. How do you spend yours? Join us for tips on how to maximize your time and reduce stress.</p> <p>Complete Survey: <a href="https://www.surveymonkey.com/r/WEBINARTIMEMGMT">https://www.surveymonkey.com/r/WEBINARTIMEMGMT</a></p>

<b>Giving to Yourself (On-Demand)</b>	Duration: 1 hour It may be better to give than to receive, but don't take yourself off the list completely! Discover how to give to yourself in an unselfish way. Complete survey: <a href="https://www.surveymonkey.com/r/WEBINARGIVING">https://www.surveymonkey.com/r/WEBINARGIVING</a>
<b>Less is More: Simplifying Your Life (On-Demand)</b>	Duration: 1 hour Are you buried by a "get more, have more, do more" lifestyle? Learn to reduce stress and make room for what matters to you. Complete survey: <a href="https://www.surveymonkey.com/r/WEBINARSIMP">https://www.surveymonkey.com/r/WEBINARSIMP</a>
<b>Life with Cancer (On-Demand)</b>	Duration: 1 hour When cancer comes into your life, everything changes. Join us to talk about the stressors and strategies for managing them
<b>The Power of Compassion (On-Demand)</b>	Duration: 1 hour We're wired to be kind, but life can override that instinct. Discover how to tap the benefits that being compassionate can bring.
<b>Work and Personal Life: the Balancing Act (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> Duration: 1 hour Family, friends, work, play – how do you make it all work? Move past the idea of "balance" and find realistic strategies to build the life you want. Complete survey: <a href="https://www.surveymonkey.com/r/WEBINARWKPL">https://www.surveymonkey.com/r/WEBINARWKPL</a>
<b>Not All Stress is Created Equal (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> Duration: 1 hour Stress is universal, but the experience is personal. Explore factors that shape your stress "style" and get targeted coping strategies. Complete survey: <a href="https://www.surveymonkey.com/r/WEBINARSTRESSEQ">https://www.surveymonkey.com/r/WEBINARSTRESSEQ</a>
<b>Refresh, Refocus, Relax: Techniques that Work (On-Demand)</b>	<p><b>*Available for HAMP Credit (follow instructions to receive credit)</b></p> Duration: 1 hour How can you release tension and reclaim a sense of balance? Join us to discover techniques that initiate the body's natural relaxation response. Complete survey: <a href="https://www.surveymonkey.com/r/WEBINARREFRESH">https://www.surveymonkey.com/r/WEBINARREFRESH</a>
<b>Stress Management 101 (On-Demand)</b>	Duration: 1 hour You may not be able to avoid stress, but you can choose how you respond to it. Learn how changing your outlook and reactions can help.
<b>Under Pressure: Managing Workplace Stress (On-Demand)</b>	Duration: 1 hour You can't run from stress, but you can learn to handle it more effectively. Learn good coping strategies and proactive moves.
<b>Civility and Respect at Work (On-Demand)</b>	Duration: 1 hour When disrespectful actions and attitudes creep into the workplace, everyone suffers. Explore how you can respond effectively and restore respect.

<b>Dealing with Difficult People (On-Demand)</b>	Duration: 1 hour Aggressive, passive, defensive, pessimistic...difficult styles can be a challenge. Get practical tips for how to respond.
<b>Effective Teamwork (On-Demand)</b>	Duration: 1 hour There's no "I" in team, but each of us plays a role in creating a strong team. Find out why communication, cooperation, and conflict resolution are key.
<b>Employee Orientation to the EAP (On-Demand)</b>	Duration: 1 hour Your Employee Assistance Program can help you tackle stressors big and small, work-related or personal. Join us to learn about this no-cost benefit.
<b>EQ and You: Customer Service with Care (On-Demand)</b>	Duration: 1 hour Emotional intelligence can help make positive connections the norm...for you and for your customers. Join us to learn how.
<b>Shift Work Strategies (On-Demand)</b>	Duration: 1 hour Going to work when others are going to bed can bring challenges. Get sleep strategy tips, plus ideas for maximizing nutrition and staying connected.